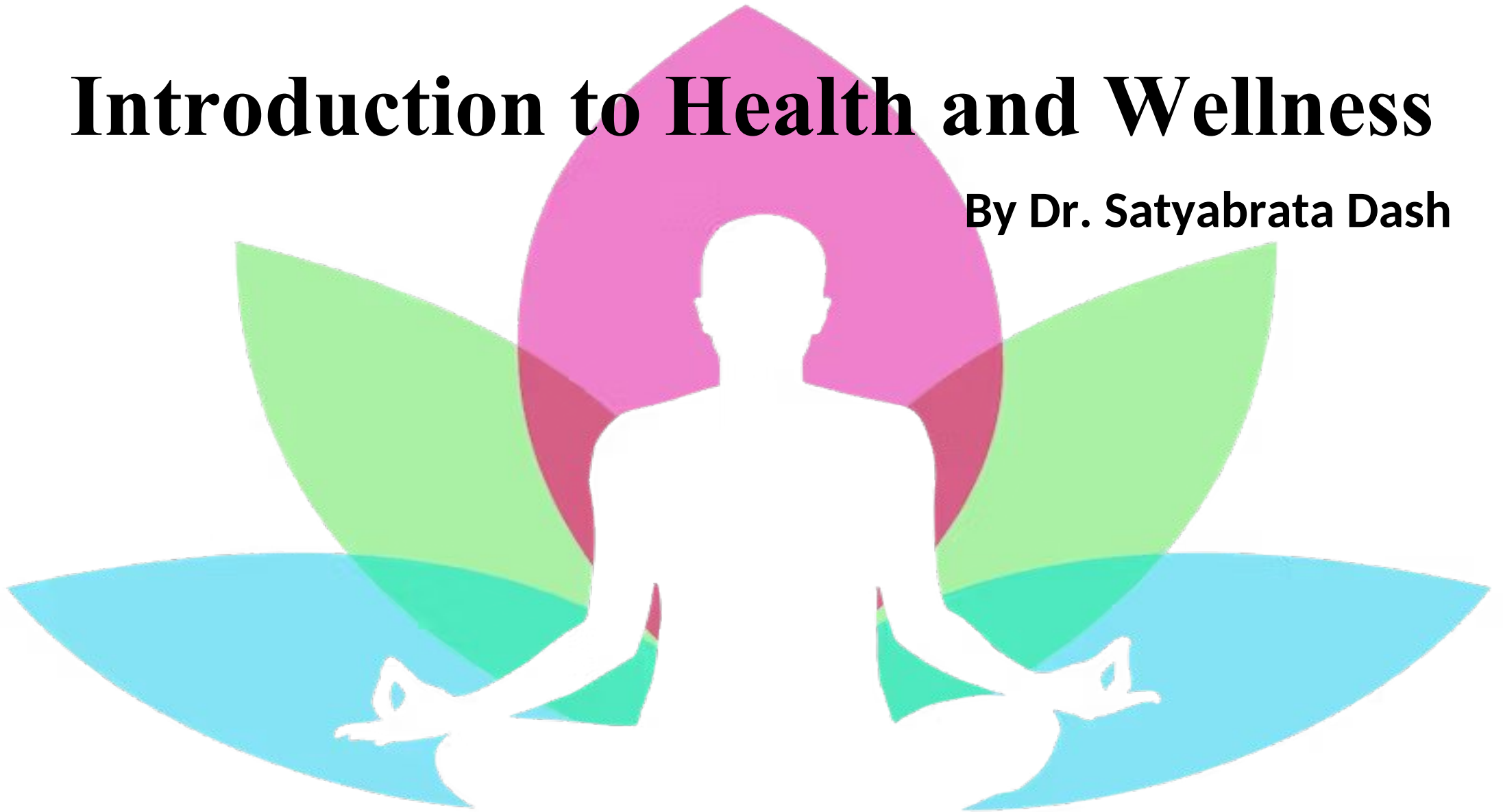


# **Introduction to Health and Wellness**

**By Dr. Satyabrata Dash**



# Definition of Health and Wellness

- World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness).”
- WHO defines wellness as “the optimal state of health of individuals and groups,” and wellness is expressed as “a positive approach to living.”
- According to Ayurveda, health is a state of balance between the body's systems, mind, and soul. It's also known as Swasthya.
- Sushruta, a great surgeon and teacher of Ayurveda defined health as “a state of equilibrium of Tridosha (fundamental physiological governing principles of the body), Agni (metabolic and digestive processes) and Dhātu (principles that uphold the formation of body tissues).
- Many people think that if they are not sick, then they are well. However, the definition of wellness is optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal, social and environmental well-being.

# Health & Wellness according to WHO

- The WHO's definition of health acknowledges that mental health is more than just the absence of mental disorders.
- The WHO's definition of health also recognizes that social factors, such as the quality of the environment, can influence health.
- The WHO's constitution states that health is a human right and is necessary for peaceful living.
- **Dynamic health**
  - Health is not a static state, but rather a dynamic balance that involves adapting to life's conditions.
- **Existential health**
  - Health is more than just physical, mental, and social well-being, but also involves existential well-being.
- **Factors that influence health**
  - Factors such as clean water, adequate housing, and safe communities can contribute to good health.

# Health & Wellness according to Ayurveda

- **Physical health**
  - A balanced metabolism
  - Proper digestion, elimination, and tissue strength
  - Efficient bodily functions
  - Comfort and ease when moving, eating, and performing other life functions
- **Mental health**
  - A balanced mind
  - A state of joy, singing, smiling, and laughing
  - A state where the mind and body organs work in harmony
- **Spiritual health**
  - A blissful state of the soul
  - A state where the senses and mind are happy
- **Lifestyle factors**
  - Diet, Sleep, Celibacy, Daily and seasonal routines, Stress management, Relaxation, and Exercise.
- **Ayurvedic treatments**
  - Internal measures like Shamana and Shodhana
  - External measures like herbal pastes, Snehana, and Svedana
  - Surgical methods
  - Mental and spiritual therapies like Daivya Chikitsa
  - Medicated herbal measures like Rasa Shashtra

# Key factors influence health

- Education and literacy
- Physical environments
- Biology and genetics
- Culture
- Gender
- Income and social status
- Employment/working conditions
- Health care services
- Economic stability
- Education

# Importance of Health and Wellness

Health is important for many reasons. It is essential for our physical and mental well-being, and it can also affect our productivity, relationships, and overall quality of life. Health plays a crucial role in everyday life for several reasons:

## **1. Physical well-being:**

- Energy and Vitality
- Disease Prevention
- Productivity and Performance
- Mental and emotional Health
- Body Image and Self-esteem
- Social Interactions

## **2. Mental and Emotional Well-being:**

- Emotional Resilience
- Cognitive Functioning
- Relationships and Social Connections
- Stress Management
- Decision-making and Problem-solving

# Importance of Health and Wellness

## **3. Productivity and performance:**

- Work Performance
- Goal Achievement
- Time Management
- Creativity and Innovation
- Personal Growth and Development
- Overall Satisfaction and Fulfillment

## **4. Relationship and social interactions:**

- Emotional Support
- Sense of Belonging
- Communication and Emotional Expression
- Personal Growth and Self Awareness
- Physical Health
- Quality of Life and Happiness

# Importance of Health and Wellness

## **5. Longevity and Quality of Life:**

- Physical Health and functioning
- Mental and Cognitive Health
- Emotional Well-being
- Social Connections and Relationship
- Purpose and Meaning
- Independence and Functional Abilities

## **6. Prevention of diseases and healthcare cost:**

- Promoting Health and Well-being
- Reducing Healthcare Costs
- Enhancing Productivity
- Early Detection and Intervention
- Personal Empowerment and Control
- Health Equity and Accessibility



# Importance of Health and Wellness

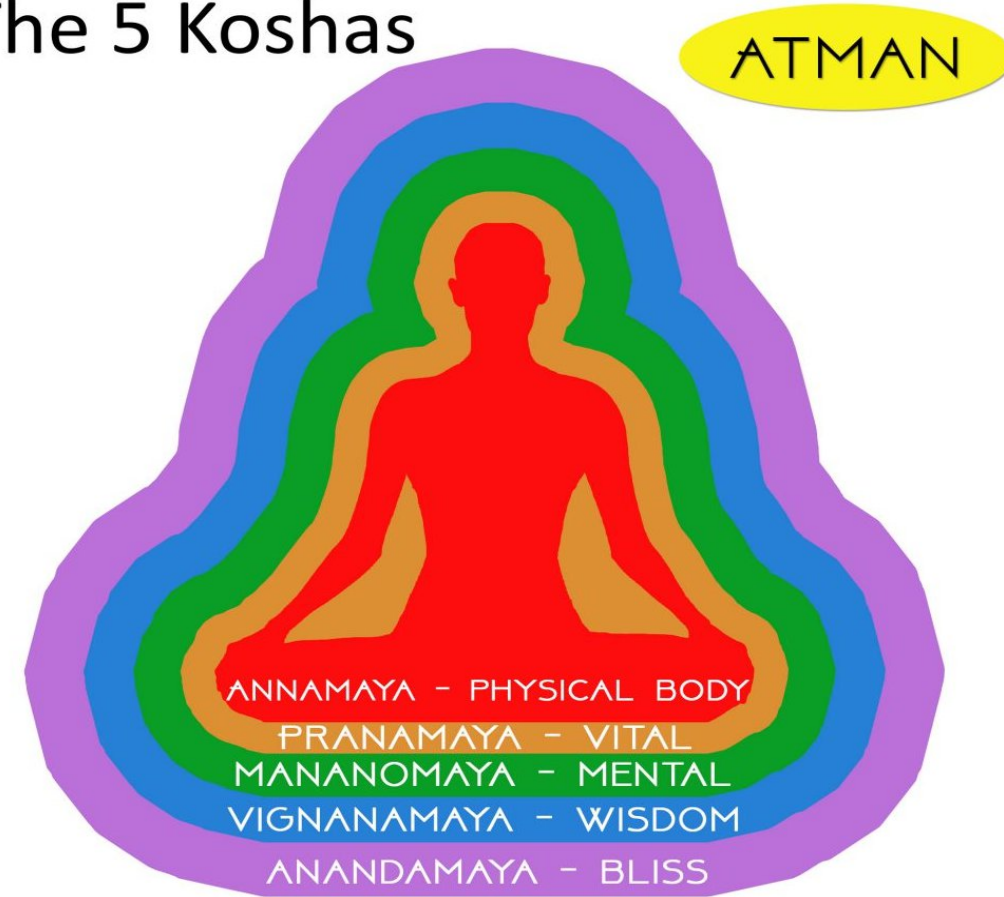
## 7. Emotional and Social Well-being:

- Emotional Regulation
- Positive Relationships
- Mental Health
- Resilience
- and Personal Growth
- Empathy and Compassion

# Components of Health

- Physical Health (**Annamaya kosha**)
- Emotional Health (**Pranamaya kosha**)
- Mental Health (**Manomaya kosha**)
- Social Health (**Vijnanamaya kosha**)
- Spiritual Health (**Anandamaya kosha**)

The 5 Koshas



# Physical Health: (Vedic)

- According to the Atharva Vedas, physical health is achieved by maintaining a balance between the body's three "doshas" (Vata, Pitta, and Kapha) through a lifestyle that includes a natural diet of whole foods, regular physical activity, proper sleep, and mindful living, all while respecting the rhythms of nature; essentially, it's about living in harmony with your body and the environment around you, with practices like yoga and pranayama playing a key role in maintaining this balance.
- **Diet:**
  - Eating natural, unprocessed foods that are in season and locally available.
  - Emphasizing whole grains, legumes, fruits, vegetables, and moderate dairy consumption.
  - Cooking with traditional methods.
  - Avoiding overeating and eating mindfully.
- **Exercise:**
  - Engaging in moderate physical activity like walking, yoga, and light exercise appropriate for your body type.
  - Practicing breathing exercises (Pranayama) to enhance oxygen intake and promote relaxation.
  - Considering seasonal variations when choosing activities.
- **Sleep Hygiene:**
  - Getting adequate restful sleep to rejuvenate the body.
  - Maintaining a consistent sleep schedule.
- **Mind-Body Connection:**
  - Meditation to manage stress and promote mental well-being.
  - Cultivating a positive mindset and awareness of your thoughts and emotions.
- **Ayurveda:** The Vedic concept of health is closely tied to Ayurveda..

# Physical health (Modern)

Physical Health refers to the state of our physical body and its ability to function effectively. It encompasses various aspects such as:

- a) **Nutrition:** Consuming a balance diet that provides essential nutrients, vitamins, and minerals necessary for proper bodily functions. A nutritious diet helps maintain a healthy weight, supports organ function, strengthens the immune system, and reduces the risk of chronic diseases.
- b) **Physical Activity:** Engaging in regular exercise and physical activity is crucial for physical health. It improves cardiovascular health, strengthens muscles and bones, boosts energy levels, enhances flexibility and mobility, and helps manage weight. Physical activity also promotes mental well-being by reducing stress and improving mood.
- c) **Rest and Sleep:** Getting adequate rest and sleep is essential for physical health. It allows the body to repair and rejuvenate, supports cognitive function, and helps regulate hormones and metabolism. Sufficient sleep contributes to better overall energy levels, mood, and immune function.
- d) **Prevention and Medical Care:** Engaging in preventive healthcare measures, such as regular check-ups, screenings, vaccinations and maintain a healthy lifestyle, helps identify and address health issues early on. Seeking medical care when needed and following medical advice are vital for maintaining physical health.

# Social Health (Vedic)

- According to the Atharva Veda, "social health" refers to a concept of community well-being achieved through practices that promote hygiene, respect for others, and collective responsibility for preventing disease, essentially encompassing the idea of "social hygiene" where individuals contribute to the health of their community by adhering to ethical and respectful behavior towards one another, alongside maintaining proper sanitation practices.
- **Emphasis on community hygiene:** The Vedas, particularly the Atharva Veda, contain detailed instructions regarding personal hygiene and sanitation practices that contribute to the overall health of a community, like proper disposal of waste and maintaining cleanliness in public spaces.
- **Ethical conduct:** Vedic teachings stress the importance of ethical behavior like non-violence, truthfulness, and respect for others, which are considered crucial for social harmony and well-being.
- **Social responsibility:** The concept of "Dharma" in Hinduism, rooted in the Vedas, emphasizes the duty of each individual to contribute positively to society and consider the welfare of others.
- **Ayurveda as a foundation:** Ayurveda, often considered an "Upveda" (supplementary Veda), provides detailed guidelines for maintaining health through diet, lifestyle, and herbal remedies, further contributing to the concept of social health.

# Social Health (Modern)

Social health focuses on our interactions, relationships and connections with others. Key aspects of social health include:

- a) **Social Support:** Having a network of supportive relationships, including family, friends, and community, is crucial for social health. Social support provides emotional comfort, a sense of belonging, and helps cope with stress and challenges.
- b) **Communication Skills:** Effective communication skills facilitate healthy relationships and social interactions and respectful communication help express thoughts and emotions, resolve conflicts, and build strong connections with others.
- c) **Relationship Building:** Nurturing and maintaining positive relationship contribute to social health. Building friendships, fostering empathy, practicing active listening, and showing compassion and understanding enhance social connections.
- d) **Community Engagement:** Being actively involved in one's community promotes social health. Volunteering, participating in group activities, and contributing to the well-being of others create a sense of belonging and fulfilment.

# Mental Health (Vedic)

- According to the Atharva Vedas, mental health is considered a balance between the three "gunas" - Sattva (pure, balanced), Rajas (active, passionate), and Tamas (inertia, dullness), where a disturbance in this equilibrium leads to mental illness; essentially, maintaining a clear and positive mind through practices like prayer, meditation, and ethical conduct is key to good mental health, with the Vedas emphasizing the power of thoughts to influence one's well-being.
- **The concept of "gunas":** The Vedas describe the mind as composed of these three qualities, with a healthy mind having a balanced mix of all three.
- **Importance of positive thoughts:** The Vedas emphasize the power of positive thoughts and prayers (mantras) to cultivate a healthy mind and prevent mental distress.
- **Mind as a tool for healing:** The Vedic texts suggest that the mind has the capacity to heal itself through conscious effort and spiritual practices.
- **Mental disorders mentioned:** While not explicitly named as in modern terms, the Vedas do mention various mental states like "Unmada" which can be interpreted as psychosis.

# Mental health (Modern)

Mental Health refers to our emotional and psychological well-being. It encompasses various aspects of our thoughts, emotions, and behaviours:

- a) **Emotional Well-being:** Recognizing and understanding our emotions, managing stress, developing healthy coping mechanisms contribute to emotional well-being. It involves self-awareness, self-acceptance, and emotional resilience.
- b) **Positive Mindset:** Cultivating a positive mindset and maintain a healthy outlook on life are essential for mental health. Optimism, gratitude, and resilience help navigate challenges, reduce stress, and enhance overall well-being.
- c) **Self-Care:** Engaging in self care activities that promote relaxation, stress reduction, and emotional well-being is crucial for mental health. This can include activities such as meditation, mindfulness, hobbies, and engaging in activities that bring joy and fulfilment.
- d) **Seeking Support:** Recognizing when additional support is needed and seeking help from mental health professionals or support groups is vital for mental health. It is important to address and manage mental health conditions effectively.



# Spiritual Health (Vedic)

- According to the Vedas, "spiritual health" refers to a state of deep inner peace, harmony, and connection to the divine achieved through practices like meditation, self-awareness, and living in alignment with Dharma (moral principles), where one understands their place in the universe and experiences a sense of unity with all creation, ultimately aiming for "moksha" (liberation from the cycle of rebirth).
- **Unity with the Divine:**
  - The core concept is recognizing that the individual soul is part of a larger universal consciousness, leading to a sense of oneness with everything.
- **Mindful Living:**
  - Practicing awareness of thoughts and actions, letting go of negative emotions, and cultivating positive qualities like compassion and gratitude.
- **Dharma:**
  - Adhering to one's moral duty in life, fulfilling responsibilities with integrity and without attachment to the results.
- **Self-Knowledge:**
  - Deep introspection to understand one's true nature beyond the ego, recognizing the impermanent nature of the physical world.
- **Meditation and Pranayama:**
  - Techniques to quiet the mind, control breath, and access deeper levels of consciousness.
- **Ethical Conduct:**
  - Living a life of non-violence (Ahimsa), truthfulness (Satya), and non-stealing (Asteya).

# Spiritual Health (Modern)

Spiritual Health refers to our sense of meaning, purpose and connection to something greater than ourselves. Key aspects of spiritual health include:

- a) **Meaning and Purpose:** Exploring and aligning with personal values, passions, and life goals contribute to spiritual health. Finding a sense of purpose and meaning in life provides a deeper sense of fulfilment and well-being.
- b) **Connections to Self and Others:** Developing a deeper understanding of oneself and building meaningful connections with others contribute to spiritual health. Engaging in introspection, self-reflection, and cultivating empathy and compassion help foster spiritual wellbeing.
- c) **Practices and Beliefs:** Engaging in practices that nourish the spirit, such as meditation, prayer, yoga, or spending time in nature, can enhance spiritual health. Embracing personal beliefs or a broader philosophical outlook on life can also support spiritual wellbeing.
- d) **Transcendence:** Seeking experiences that go beyond the material world, such as awe, beauty, or a sense of transcendence, can contribute to spiritual health. This can involve engaging in artistic or creative pursuits, exploring nature, or engaging in activities that evoke a sense of wonder and connection.

# Emotional Health (Vedic)

- According to the Atharva Veda, "emotional health" is considered a state of balance between the mind and the senses, achieved through practices that cultivate positive emotions like contentment, peace, and harmony, while managing negative emotions like anger, greed, and envy, all while maintaining a connection to the spiritual self; it emphasizes the importance of living in alignment with one's "Dharma" (duty) to achieve this balance.
- **Holistic approach:** The Vedas view emotional health as interconnected with physical and spiritual well-being, not as a separate entity.
- **Importance of self-awareness:** Recognizing and managing one's emotions is crucial for maintaining emotional balance.
- **Ethical conduct:** Following one's Dharma (moral duty) is considered key to emotional stability.
- **Meditation and mindfulness practices:** Techniques like pranayama (breath control) and meditation are recommended to calm the mind and achieve inner peace.
- **Positive emotions:** Cultivating positive emotions like gratitude, compassion, and kindness are emphasized.
- **Impact of negative emotions:** The Vedas identify negative emotions like anger, greed, and attachment as detrimental to emotional well-being and can lead to imbalances.

# Concept of Wellness

- Wellness is dynamic and ongoing process that requires conscious effort and attention to each dimension. It involves making choices and adopting behaviours that support overall well-being.
- By striving for balance and integration in these dimensions, individuals can experience improved quality of life, increased resilience, enhanced self-awareness, and a greater sense of fulfillment and purpose.
- The concept of wellness refers to a state of optimal well-being that encompasses multiple dimensions of health. It goes beyond the absence of illness and emphasizes the pursuit of a balanced and fulfilling life.



# Universal Wellness (Vedic)

- Om Sarve Bhavantu Sukhinah, Sarve Santu Niraamayaah, Sarve Bhadraanni Pashyantu, Maa Kashcid-Duhkha-Bhaag-Bhavet, and Om Shaantih Shaantih Shaantih.
  - May all be happy
  - May all be free from illness
  - May all see what is auspicious
  - May no one suffer
  - Om peace, peace, peace

# Wellness according to Vedas

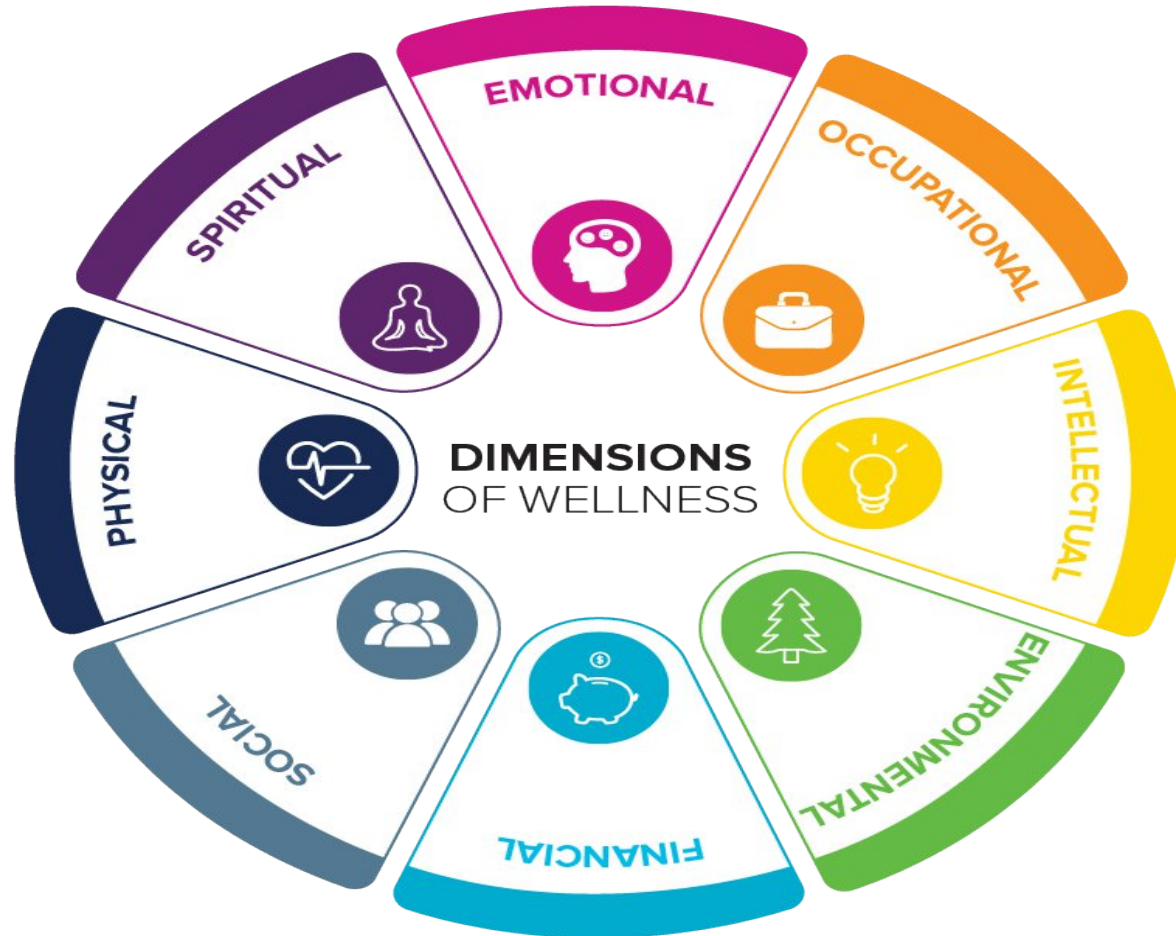
According to the Vedas, particularly the Atharva Veda, the concept of health and wellness is holistic, encompassing not just physical well-being but also mental and spiritual balance, achieved through a lifestyle that includes natural foods, mindful living, respect for nature, and practices like yoga and meditation, with a strong emphasis on maintaining a healthy balance between body, mind, and spirit; essentially, "wellness" in the Vedic sense is about living in harmony with oneself and the environment.

- Central text
- Ayurveda as an Upaveda
- Holistic approach
- Lifestyle practices
  - Diet
  - Physical activity
  - Mental hygiene
  - Environmental harmony
  - Mantras and rituals

# Wellness according to WHO

- Wellness is a lifestyle that involves practicing healthy habits to improve physical, mental, and social health. The World Health Organization (WHO) defines health as a state of complete wellness, not just the absence of disease.
- **Dimensions of wellness**
  - Physical wellness
  - Emotional wellness
  - Social wellness
  - Mental wellness
  - Spiritual wellness
  - Occupational wellness

# Components/Dimensions of Wellness





# Physical Wellness

- Physical Wellness focuses on taking care of our physical body through healthy lifestyle choices. This includes engaging in regular physical activity, maintaining a balance diet, getting sufficient sleep, practicing good hygiene, avoiding harmful substances, and seeking preventive healthcare measures.
- Physical Wellness is essential aspect of overall well-being, as it affects various areas of life, including energy levels, disease prevention, and overall quality of life.

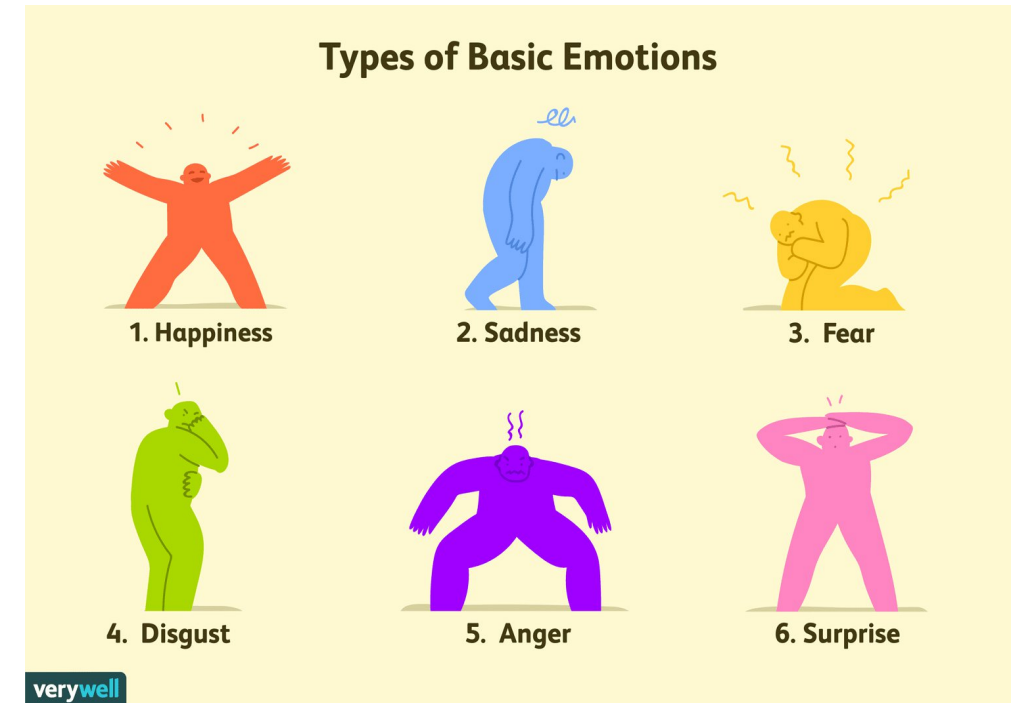


# **Main Components of Physical wellness**

- Regular Physical Activity
- Proper Nutrition
- Adequate Sleep
- Disease Prevention
- Stress Management
- Avoidance of Harmful Substances
- Regular Health Monitoring

# Emotional Wellness

- Emotional Wellness involves understanding and managing our emotions in a healthy and constructive way. It includes developing emotional resilience, cultivating self-awareness, expressing emotions appropriately, practicing stress management techniques, and seeking support when needed.
- Emotional Wellness refers to the state of optimal mental emotional well-being. It involves understanding and managing one's emotions, having a positive outlook on life, and developing healthy coping mechanisms for dealing with stress and challenges.
- Emotional Wellness is an important aspect of overall well-being as it affects how we think, feel, and interact with ourselves and others.



# **Main Components of Emotional wellness**

- Self Awareness
- Emotional Regulation
- Positive Outlook
- Stress Management
- Healthy Relationships
- Self-Care
- Seeking Support

# Social Wellness

- Social Wellness emphasizes the quality of our relationships and our ability to connect with others. It refers to the state of optimal well-being and positive functioning in one's social interactions and relationship.
- It involves developing and maintain healthy relationships, fostering a sense of belonging and connection, and actively participating in a supportive social network.
- Social Wellness is an important aspect of overall wellbeing as it contributes to a sense of fulfilment, happiness, and overall quality of life.



# **Main Components of Social wellness**

- Healthy Relationships
- Communication Skills
- Social Support
- Community Engagement
- Cultural Competence and Diversity
- Boundaries and Self-Care
- Collaboration and Cooperation

# Intellectual Wellness

- Intellectual Wellness refers to the state of having a well-developed and active mind, engaging in continuous learning, critical thinking, and creative problem-solving.
- It encompasses the ability to think critically, reason logically, and process information effectively.
- Intellectual Wellness involves expanding knowledge, acquiring new skills, and actively stimulating the mind through various intellectual pursuits.
- To promote intellectual wellness, individuals can prioritize activities that challenge the mind, engage in lifelong learning, seek out diverse perspectives, and actively stimulate intellectual growth. This may include reading books, solving puzzles, participating in discussions or debates, attending educational events, and pursuing hobbies that stimulate the mind.



# **Main Components of Intellectual wellness**

- Lifelong Learning
- Critical thinking
- Problem Solving
- Curiosity and Exploration
- Mental Stimulation
- Open-Mindedness



# Occupational Wellness

- Occupational Wellness focuses on finding satisfaction and fulfilment in our work or chosen occupation. It involves having a sense of purpose and meaning in our personal lives, maintaining work-life balance, striving for personal growth and development, and cultivating a positive work environment.
- It encompasses various aspects of a person's life, job satisfaction, career development, and a sense of purpose in one's profession.



# **Main Components of Occupational wellness**

- Job Satisfaction
- Work-Life Balance
- Career Development
- Positive Work Environment
- Alignment with Values and Passions
- Financial Stability

# Spiritual Wellness

- Spiritual Wellness relate to finding a sense of purpose, meaning, and connection to something greater than oneself. It can be derived from religious or philosophical beliefs, meditation, mindfulness practices, spending time in nature, or engaging in activities that nourish the soul and promote inner peace.
- Spiritual Wellness is an essential component of overall well-being, focusing on finding meaning, purpose, and connection in life.
- It involves exploring one's beliefs, values, and ethics, and developing a sense of inner peace and harmony.



# **Main Components of Spiritual wellness**

- Beliefs and Values
- Purpose and Meaning
- Self-Reflection and Awareness
- Mindfulness and Presence
- Connection and Relationships
- Nature and Environment
- Service and Giving
- Inner Peace and Acceptance
- Personal Growth and Transformation
- Integration of Beliefs into Daily Life

# Environmental Wellness

- This deals with the interaction and interdependence between humans and the environment. Awareness of the critical role the environment plays in our individual well being and that all human activity affects the environment.
- Environmental degradation and destruction by human beings is jeopardizing the availability of natural resources leading to several major problems that will compromise the quality of human life.



# **Main Components of Environmental wellness**

Environmental wellness refers to the harmony between an individual and their surroundings. Several key aspects contribute to environmental wellness:

- Physical Environment
- Natural Resources
- Living Spaces
- Community Engagement
- Mindful Consumption
- Respect for Nature
- Environmental Justice

# Financial Wellness

- This focuses on informed decision-making and learning how to manage financial resources wisely, save, invest, and plan for the future.
- In a monetised society ( a society that functions largely on monetary transactions), adequate financial resources are required to achieve health and well-being.
- Every person has to work hard and be productive to have sufficient finances, not only at the micro-level i.e., individual and family, but also at the macro-level i.e., community, region, state and national levels.



# Main Components and Aspects of Financial wellness

Financial wellness encompasses various aspects that contribute to an individual's overall financial health and stability. Here are key aspects of financial wellness:

- Budgeting
- Savings
- Debt Management
- Investing
- Insurance
- Financial Education
- Financial Goals
- Emergency Planning
- Estate Planning
- Mindset and Behavior
- Work-Life Balance
- Social Support and Networking



# Principles of Wellness

The principles of wellness are foundational concepts and guidelines that promote overall well-being and a balanced lifestyle. They serve as a framework for individuals to make informed decisions and take actions that support their physical, mental, and social health. While the specific principles may vary slightly depending on the source, here are some common principles of wellness.

1. Holistic Approach
2. Self-Responsibility
3. Preventive Care
4. Balance
5. Continuous Learning
6. Mind-Body Connection
7. Supportive Environment
8. Diversity and Inclusion
9. Stress Management
10. Purpose and Meaning

# Mind- Body connection in Health

- The "mind-body connection" refers to the intricate relationship between a person's thoughts, emotions, and behaviors and their physical health, essentially meaning that mental state can significantly impact physical well-being and vice versa; where stress, anxiety, or positive emotions can manifest physically through bodily responses like muscle tension, increased heart rate, or immune system changes.
- **Two-way street**
- **Stress response**
- **Positive impact**
- **Examples of mind-body connection:**
  - Feeling butterflies in your stomach when nervous
  - Developing physical symptoms like stomachaches due to stress
  - Experiencing a weakened immune system during periods of high emotional stress
  - Improved pain tolerance with relaxation techniques

# Mind- Body relation Bhagavad Gita

- According to the Bhagavad Gita, the mind-body relationship is described as the body being a temporary vessel for the soul, while the mind acts as a bridge between the soul and the physical world, requiring control and discipline to achieve spiritual liberation.
- As Body is a moving temple and Spirit resides in it.
- **Mind as the driver**
- **Dual nature of the mind**
- **Importance of self-control**
- **Beyond the body**

# Implications of mind-body connections

- Mind-body practices are techniques that strengthen the connection between your thoughts, feelings, and physical health. These practices can help you reduce stress, improve your mood, and increase your overall well-being.
  - **Meditation**
  - **Progressive muscle relaxation**
  - **Mindful breathing**
  - **Guided imagery**
  - **Yoga**
  - **Creative activities like art, music, or dance**
  - **Positive affirmations**
  - **Gratitude practices**
  - **Regular physical activity**
  - **Healthy nutrition**
  - **Cognitive behavioral therapy (CBT)**
  - **Group therapy**
  - **Acupuncture**